



Guide to Healthier Cocktails

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Pick your base liquor. Add 1.5 oz to a cocktail shaker.

2

Pick 1 sweet ingredient + 1 ingredient in the zing, herb or spice category. Add both to the cocktail shaker with 3-4 cubes of ice.

3

Shake, shake, shake.



4

Prepare glass with 2-3 cubes of ice and fill 1/4 way with club soda (for most drinks). Pour shaker contents into the glass and stir.

5

Garnish with extra ingredients!

CLINK!
CLINK!



Cocktail categories

BASE LIQUORS:

*listed in order of the best/most pure to less.
Get the best quality one you can afford.
It matters here!*

- ◇ Tequila
- ◇ Vodka
- ◇ Gin
- ◇ Rum
- ◇ Whisky



SWEET:

- ◇ Fresh juice (beet, berries, apple, pear, ginger, green, grapefruit)
- ◇ Cointreau (orange liquor)
- ◇ St Germaine
- ◇ Aperol
- ◇ Lillet (white, rose or red)
- ◇ Lemoncello
- ◇ Prosecco
- ◇ Vermouth (sweet)
- ◇ Honey
- ◇ Molasses
- ◇ Maple Syrup
- ◇ Homemade simple syrup (see recipe)
- ◇ Coconut water
- ◇ Coconut milk
- ◇ Ginger beer (or other natural sodas without high fructose corn syrup)



ZING:

- ◇ Lemon
- ◇ Lime
- ◇ Grapefruit
- ◇ Pineapple
- ◇ Campari
- ◇ Vermouth (dry)
- ◇ Angostura bitters



HERBAL:

- ◇ Basil
- ◇ Mint
- ◇ Rosemary
- ◇ Cilantro
- ◇ Sage
- ◇ Tarragon



SPICE:

- ◇ Cinnamon
- ◇ Ginger
- ◇ Candied Ginger
- ◇ Turmeric
- ◇ Lemongrass
- ◇ Cardamom
- ◇ Jalapeno or serrano pepper



OTHER FUN LIQUID MIXERS TO EXPERIMENT WITH:

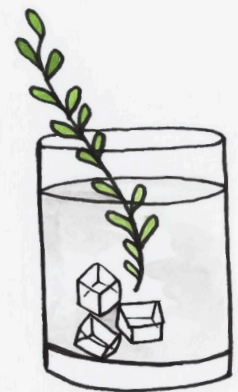
Tea:

- ◇ Green Tea
- ◇ Hibiscus
- ◇ Mint
- ◇ Earl Grey
- ◇ Chamomile

- ◇ Coffee
- ◇ Kombucha
- ◇ Tonic (high-fructose corn syrup free)
- ◇ Tomato juice
- ◇ Rose or white wine

TO GARNISH:

- ◇ Lemon peel or wedge
- ◇ Lime peel or wedge
- ◇ Orange peel or wedge
- ◇ Grapefruit peel or wedge
- ◇ Cucumber peel or wedge
- ◇ Celery
- ◇ Olives
- ◇ Pearl Onions
- ◇ Berries or sliced fruit
- ◇ Candied ginger
- ◇ Herbs



How to make your own (healthier) simple syrup:

HOMEMADE HEALTHY SIMPLE SYRUP

INGREDIENTS

6 teaspoons honey, maple syrup or molasses
1/2 cup water

DIRECTIONS

Add natural sweetener of your choice and 1/4 water to a small saucepan on low heat. Stir until the sweetener dissolves. Let cool before adding to cocktails. You'll only need a splash to round out any other bitter flavors in the drink, but you can dilute the mixture as needed. Store in a sealed container in the fridge for up to a month.

How to Infuse Liquor:

1. Pick your favorite liquor and pour a bit off of the top.
2. Add in your favorite flavor element: jalepeno, ginger root, candied ginger, herbs, fruit, cucumber, etc. Optional to transfer to another container if necessary.
3. Place in fridge for a minimum of 24 hours, and up to 1 week.
4. Remove flavor element after desired amount of soaking time and shake away!



MAKES ABOUT

4

SERVINGS

Unlike traditional simple syrup, this upgrade uses natural sweeteners instead- leading to less of a blood sugar spike when ingested. Honey will have the lightest and most neutral taste, while molasses usually pairs best with heavier cocktails with whiskey or bourbon bases.

FOOLPROOF PAIRINGS:

- ◇ Cilantro + lime
- ◇ Basil + lemon
- ◇ Mint + ginger
- ◇ Any liquor + any citrus
- ◇ Campari + bubbles + citrus
- ◇ Whisky + orange
- ◇ Vodka, Gin or Tequila + kombucha
- ◇ Rosemary + gin
- ◇ Rum, Vodka or Tequila + coconut water
- ◇ Fresh juice + prosecco

HELPFUL KITCHEN TOOLS

- ◇ Cocktail shaker
- ◇ Large ice cube trays/molds
- ◇ Citrus juicer
- ◇ Small paring knife
- ◇ Cutting board
- ◇ Large ice cubes
- ◇ Club soda
- ◇ Juicer or blender



Classic recipes, made healthy:

Skinny Margarita: 1 shot tequila, 1 shot Cointreau, 1 lime, 1/4 cup club soda

Gin & Soda (with tonic and lime): 1 shot gin, 1/2 cup soda water, 1 lime, 1/4 cup tonic water

Negroni: 1 shot Campari, 1 shot gin or vodka, 1 shot sweet vermouth

Martini: 2 shots vodka or gin, 1 shot vermouth, citrus twist, olives or onions

Greyhound: 1 shot vodka, 1/4 cup club soda, 1/2 cup fresh grapefruit juice

Moscow Mule: 1 shot vodka or whisky, 1/4 cup club soda, 1/4 cup ginger beer, 1 lime

Mojito: 1 shot rum or vodka, 1 shot homemade simple syrup, 1 handful mint, 1 lime, 1/4 cup club soda

Aperol or Campari Spritz: 1 shot Aperol or Campari, 1 glass prosecco or champagne

French 75: 1 shot St Germain, 1 glass prosecco, 1 lemon twist

Vesper: 1 shot vodka, 1 shot gin, 1 shot sweet vermouth, 1 lemon twist

Old Fashioned: 1 shot whisky, 1 splash maple syrup, 1 dash Angostura bitters, orange peel

Bloody Mary: 1 shot vodka, 1/4 cup tomato juice, 1 dash gluten free Worcestershire sauce or tamar, 1 dash hot sauce, 1 dash pepper, celery stalk and lemon wedge to garnish